

12 Reasons for Visiting a Farmers' Market

By Alice Henneman, MS, RD, UNL Extension Educator

IT'S FARMERS' MARKET time again in Lancaster County. Here are 12 great reasons to visit a Farmers' Market, illustrated with scenes from local Farmers' Markets.

- 🍏 **Find foods not available in a grocery store.**
- 🍏 **Take home a truly tasty tomato!** Recipe for the bruschetta shown at right is on back.
- 🍏 **Enjoy really fresh sweet corn.** Fresh from the field means fantastic flavor!
- 🍏 **Purchase a pretty plant** you know will grow in Nebraska because it was locally grown in Nebraska.
- 🍏 **Meet with a master gardener.** University of Nebraska–Lincoln Extension master gardeners are available at some of the Farmers' Markets. They'll answer your garden questions and help make your garden grow!
- 🍏 **Make memorable meals.** The meal at right features toasted sunflower wheat bread with lettuce and smoked bacon cheese; kale sautéed in olive oil with green onions and garlic; purple (graffiti) cauliflower ... all from one of the local Farmers' Markets!
- 🍏 **Have fun with your family and friends.** Many Farmers' Markets feature special events, such as cooking demonstrations, music, festivals, and more.
- 🍏 **Get really fresh food** that didn't travel long distances to reach you. Freshly picked produce not only tastes better, but keeps longer, too! Look for the Buy Fresh Buy Local sign used many places to identify locally grown produce.
- 🍏 **Buy a beautiful bouquet** of locally grown flowers.
- 🍏 **Get to know your farmer.** Ask questions about how the food was grown, how to cook it, and more.
- 🍏 **Support your local economy.** If every household in Nebraska spent \$10 weekly on Nebraska-produced food, \$7,008,800 would stay in the local economy EACH week. That's \$30,371,466 every month and over \$364,457,600 per year!
(Source: 2006 US Census Bureau, based on 700,880 occupied living units.)
- 🍏 **Farmers' Markets are full of surprises** – you never know what you might see!



Photos: Alice Henneman



Know how. Know **now**.

Lincoln Markets

THE FOLLOWING LISTING of local Lancaster County Farmers' Markets was developed with assistance from Billene Nemenc, coordinator, Buy Fresh Buy Local Nebraska (www.buylocalnebraska.org).

Old Cheney Road Farmers' Market

55th and Old Cheney Road
Sundays: April 25–Nov. 7;
10 a.m.–2 p.m.
Email: ocrfm.mgr@gmail.com
www.oldcheneyroadfarmersmarket.org

Havelock Farmers' Market

In the north parking lot behind the businesses at 62nd and Havelock Ave.
Wednesday: May 5–Oct. 27;
3 p.m.–6:30 p.m.
613-0088
Email: tweencreeks@yahoo.com

Community CROPS Farmers' Market

Pentzer Park (2 blocks north of 27th and Holdrege)
Thursdays: June 3–Sept. 30;
4:30–7:30 p.m.
474-9802 • Email: brendan@communitycrops.org
Web: <http://communitycrops.org/market>

St. Paul United Church of Christ Farmers' Market

1302 F Street
Tuesdays: June 1–Sept. 28;
4:30–7:30 p.m.
435-3673 • Email: stpaulucc13_f@yahoo.com

Historic Haymarket Farmers' Market

7th and P Street
Saturdays: May 1–Oct. 9;
8 a.m.–12 p.m.
435-7496
Web: <http://lincolnhaymarket.org/events/farmers-market>

Piedmont Farmers' Market

1265 South Cotner Blvd.
Saturdays: May 15–Sept. 18;
8 a.m.–12 p.m.

The Mid-Week Haymarket Farmers' Market

12th and R Streets
Tuesdays in June in conjunction with Jazz in June; 5–7 p.m.

Centennial Mall Garden Market

14th and M Streets (east side of Nebraska State Office Building)
Wednesdays: July 7–Aug. 25;
12–4 p.m.

Tomato Basil Bruschetta

This recipe makes approximately 12 pieces of bruschetta, depending on whether you add the topping to the bread or people serve themselves.

Enjoy fresh and flavorful tomatoes in this quick and easy version of a tomato bruschetta recipe! It's great as a snack or an appetizer and is loaded with nutrients.

8 ripe Roma (plum) tomatoes, chopped
2 cloves garlic, minced
1/2 red onion, Spanish onion or sweet onion, chopped
6–8 fresh basil leaves, chopped
2 tablespoons extra-virgin olive oil
Salt and freshly ground black pepper, to taste
1 loaf Italian- or French-style bread, cut into 1/2-inch diagonal slices

Preheat oven to 400°F. Combine tomatoes, garlic, onion, basil, and olive oil in a bowl. Season with salt and freshly ground black pepper, to taste. Set aside.

Arrange bread on a baking sheet in a single layer. Bake about 5–7 minutes until it begins to brown slightly. Remove bread from oven and transfer to a serving platter.

Serve the tomato mixture in a bowl with a serving spoon and let everyone help themselves. Or place some on each slice of bread before serving. If adding the tomato mixture yourself, add it at the last minute or the bread may become soggy.

Alice's Notes

If you're short on time, the tomato topping (minus the basil) can be made earlier in the day and refrigerated. Wait until you're ready to turn on the oven for the bread before chopping and adding the basil. Set mixture aside at room temperature while the bread is toasting.

Lincoln's Community CROPS

Community CROPS (Combining Resources, Opportunities, and People for Sustainability) helps families grow food for themselves and the community.

Community CROPS was started with one community garden in 2003, and has grown over the years to become a successful organization. CROPS now has 16 community garden sites with more than 200 individual plots, a training farm for larger scale vegetable production, a successful Community Supported Agriculture program, its own Community CROPS Farmers' Market (dates and location listed at left), a regular stand at the Old Cheney Farmers' Market, and more. For more information about Community CROPS, go to <http://communitycrops.org> or call 474-9802.



UNL Extension in Lancaster County's Nutrition Education Program will have a table at the Community CROPS Farmers' Market this summer. Stop by for free nutrition information, interactive games and food demonstrations!